



Coredance My Philosophy

Age creeps up on you. One day you are doing all your usual tasks and the next you realize that something has changed. Your body feels different somehow. Once you begin the process of seeking reasons for these changes, you then have the task of trying to understand what is going on and eventually accepting your new body. Once we have made peace with our new self we can then embrace a modified and rewarding life-style. Since my own adjustments with my body at 34 and then again at 45 followed by the onset of menopause (and brain fuzziness) at 50 I have been more and more interested in coming to terms with a new me and finding a 'happy place'.

This is a chance to learn more about who we are. We no longer have the issues of youth and young adulthood but we have survived these stages and have learnt from them. We are now wise women and have new adventures on the horizon.

Dancing your way through this stage of life helps us to feel amazing! Keeping healthy by combining a healthy diet, valuable exercise and leading a less stressful life will help us to keep our independence and feel positive.

What inspired you to develop Coredance?

When I was 34 I suddenly realized there were elements of dance that my body no longer executed freely. I became acutely aware of the muscle functions and how my movements needed to be modified. I had always taught adults but I started to take a keen interest in how the 50+ body operated as this was where I was headed. What had changed and why? Could dance improve some of these trends? How could I keep dancing into my 80's?

I had a number of clients who commented on Doctors telling them that physical complaints they had were a natural progression due to aging. "We won't use the O word!", but it's time you just accepted your fate. They, like myself, were not psychologically prepared to accept this as an answer. We are all too young to be old!

It was clear to me that we need to accept *some* changes but we could also modify our lifestyle to slow the consequences of aging. Activities that we no longer did frequently meant our muscles were no longer being used in that way and had become dormant, or our very clever body had found alternate muscles to use. I realized that dance routines could be choreographed to utilize these muscles again and by focusing on which muscles were responsible for the specific movements this could be done in a safe and productive way.

Why Coredance?

The title reflects two important elements, the Core, being the central house for movement, and Dance, a method of exercising in an enjoyable manner.

Coredance assists with Active Daily Living tasks by including movements that help maintain your body and replicate activities that you may no longer do as part of your changing life-style. It stimulates

mental activity by incorporating music and patterning. The culmination of these elements can lead to our prolonged independence.

Why not just exercise?

It takes a lot of discipline to execute an exercise plan on a daily basis. Dance adds a social element to an exercise program. This can work as incentive to attend classes. Variety is the key. With different music and dance styles it is never mundane. It also stimulates the brain with musicality, memory and patterning.

The SCAMPA (Seniors Core Activation Mobility Posture Awareness) Program includes Awareness. Why?

Our body continuously changes. The subtle transitions are not usually noticeable until we look in a mirror and suddenly see a difference or someone points out that we are walking differently, are becoming round shouldered, or we need to use our arms to assist us getting out of a chair. Instead of accepting this as our new look or new way of life we can effectively use dance as a tool to slow the consequences of aging, assist in rehabilitation and enhance our mature self.

We need to treat our mature body with respect. If it were a car we need to appreciate that it is a "Classic, not a Sports car" and we are not wanting to be a rusty old bomb!

My Goal with SCAMPA

Our movements are habitual patterns. We don't realize we are slumping, standing lopsided or tensing shoulders. They are deeply ingrained and feel natural.

My goal is to give you a better understanding of how you move and carry your body.

Go slow – think – observe – process

Mind/Body Connection

Physical Wisdom

Greater understanding leads to greater control and sense of ones self with the environment. Simple exercises used to achieve this are subtle but powerful.

Alignment

Balance

Awareness

Linking muscle, tendon, ligament, fascia, nerve and bone. Adjusting one link in the chain can have a ripple effect on others. This 'tweaking' can lead to better stability, control and confidence.

Correct posture = correct alignment = less risk of pain and injury.

Breath;

Connects the body, mind and spirit.

It releases tension and is wonderfully calming.

Helps movement flow and co-ordinate.

Engages core muscles.

Dynamic Stability

A lengthened and well aligned spine enables the deep abdominal muscles that stabilize the lower back and pelvis an opportunity to activate providing stability.

Activation and Isolation

As we age our bodies don't respond the way they used to. Sometimes not at all! Muscle activation and isolation means all body parts stay in good working order.